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ABSTRACT

This prevention resource guide (compiled from a variety of publications and data bases and representing the most currently available information) focuses on secondary school students, and is divided into four sections. The first section contains facts from current research about substance abuse prevention for secondary school students. For example, if a teenager's friends are using alcohol or other drugs, the possibility of use increases substantially. Peers are known to have a powerful effect on an individual's use of alcohol or other drugs. The second section contains materials that have been reviewed for scientific accuracy based on the latest available scientific findings, appropriateness for the target audience as described by the developers of the materials, and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are based on the principle of "do no harm." All materials contain a clear non-use message for youth. The third section contains abstracts of government publications journal articles, and other publications dealing with substance abuse prevention for this age group. The fourth section lists names, addresses, and phone numbers for pertinent resources such as the American Council for Drug Education, National Association of Teen Institutes, National Clearinghouse for Alcohol and Drug Information, and the Parents' Resource Institute for Drug Education, Incorporated. (LLL)

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Office for Substance Abuse Prevention

PREVENTION RESOURCE GUIDE

SECONDARY SCHOOL STUDENTS

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
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June 1991

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This OSAP Prevention Resource Guide was compiled from a variety of publications and data bases and represents the most currently available information to date. This Guide will be updated regularly, and your comments or suggestions are welcome. To suggest information or materials that might be included in updated editions, please write to the **National Clearinghouse for Alcohol and Drug Information (NCADI), P.O. Box 2345, Rockville, MD 20852.** *The listing of materials or programs in this Resource Guide does not constitute or imply endorsement by the Office for Substance Abuse Prevention, the Public Health Service, or the Department of Health and Human Services.* The materials have been reviewed for accuracy, appropriateness, and conformance with public health principles.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration

MS423

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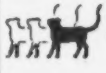
Produced by the National Clearinghouse for Alcohol and Drug Information, a service of the Office for Substance Abuse Prevention; Amy Lane, staff writer.

For further information on alcohol and other drugs, call 1-800-729-6686 or 301-468-2600.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Facts & Figures on Secondary School Students

- ✓ The United States has the highest rate of teenage drug use of any Nation in the industrialized world. More than one-third of all high school seniors say they engage in heavy drinking.[1]

- ✓ Nearly half of high school students have used illicit drugs. Forty-eight percent of high school seniors report using an illegal drug before graduating from high school.[2]

- ✓ Current use of cocaine by high school students, which had increased in recent years, dropped from 2.8 percent to 1.9 percent in 1990. The number of students who are using crack, a highly addictive derivative of cocaine, also decreased from 1.4 percent to 0.7 percent. Cocaine and crack can cause paranoia, stroke, and even heart attack. [3]

- ✓ A large percentage of high school seniors are "binge drinkers." Over one-third of high school students report drinking five or more drinks in a row on at least one occasion in the past 2 weeks.[4]

- ✓ The average age at which children first use alcohol or marijuana has dropped to 13 years. That means that many children are using before beginning junior high and are well acquainted with drugs by the time they reach high school.[5]

- ✓ If a teenager's friends are using alcohol or other drugs, the possibility of use increases substantially. Peers are known to have a powerful effect on an individual's use of alcohol or other drugs, and a high correlation has been established between an individual's use of drugs and alcohol and that of his or her friends.[6]

- ✓ Hallucinogens are used frequently by American youth who believe that they can use these dangerous drugs without risk. It is estimated that 700,000 teenagers have tried hallucinogens such as LSD, PCP, and mescaline at least once.[7]

- ✓ Although an alarming number of young people are using illicit drugs, there has been a drop during the last 2 years. A national survey indicated that the use of drugs by high school students declined 5 percent from 1988 to 1990.[8]

- ✓ Despite growing alcohol and tobacco education campaigns, the consumption of alcohol and tobacco among young people has remained relatively unchanged. Teenagers are drinking alcohol and smoking at about the same rates they did 5 years ago.[9]

- ✓ Alcohol and other drug use at an early age is an indicator of future drug or alcohol problems. Studies have shown that drug use during childhood or adolescence results in a high risk for future drug problems.[10]

- ✓ Anabolic steroids, drugs which provide quick muscle enhancement but whose long term effects are dangerous and can be deadly, are being used by some junior and senior high students. Recent figures indicate that as many as 3 percent of high school seniors have tried steroids at least once.[11]

- ✓ PCP, an extremely dangerous drug, was used by 1 percent of seniors in 1990. PCP use frequently causes depression and violent behavior and can cause permanent brain damage.[12]

- ✓ The use of marijuana has declined dramatically. Seniors using marijuana dropped from a peak of 60 percent in 1979 to 40 percent in 1990.[13]

- ✓ According to a recent survey of high school students, illicit drugs and alcohol are more easily available to them today than 5 years ago. There is a high correlation between availability of drugs and adolescent use of drugs.[14]

- ✓ A surprising 20 percent of seniors are smoking cigarettes on a daily basis. Studies indicate that it is unlikely that people who refrain from smoking before turning 20 will ever smoke.[15]

- ✓ A major determining factor in smoking can be found in plans for continued education. High school students without college plans are twice as likely to smoke as those with college plans.[16]

- ✓ Far more students disapprove of illicit drug use today than 5 years ago. The acceptability of cigarette smoking, however, has remained virtually the same.[17]

- ✓ Drug availability in schools has an impact on the number of students using alcohol and other drugs. If drugs are easily available in a school, there is a corresponding increase in the number of students using drugs including alcohol.[18]

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Rockville, MD 20852

- ✓ Drugs are far more available in high schools than most people realize. A recent study indicated that one-half of juniors and seniors said that it would be easy to buy drugs while at school.[19]

- ✓ Many high school students believe that they can "experiment" with drugs without injury. A nationwide survey of 11th and 12th graders revealed that over 40 percent believe that they can use drugs occasionally and avoid becoming addicted.[20]

- ✓ According to the majority of students, the drug education programs available in schools are failing. More than three-quarters of surveyed juniors and seniors were unconvinced of the effectiveness of the prevention programs in their schools. Only 24 percent of surveyed 11th and 12th graders said that school prevention programs work.[21]

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1. Johnston, L., "1990 National High School Senior Drug Abuse Survey," *Monitoring the Future: A Continuing Study of the Lifestyles and Values of Youth*, U.S. Department of Health and Human Services, Press Release, January 24, 1991, p. 2 and Oppenheim, J., "What Can A Teacher Do?" *Drug Education A Scholastic Resource Guide for Teachers*, 1989, p. 2.
2. Johnston, L., "1990 National High School Senior Drug Abuse Survey," *Monitoring the Future Survey*, U.S Department of Health and Human Services, 1990, Press Release, January 24, 1991, p. 1. Based on a survey of approximately 16,000 high school seniors conducted by the University of Michigan's Institute for Social Research and funded by the National Institute on Drug Abuse.
3. Ibid., p. 2.
4. Ibid., p. 2.
5. Oppenheim, op. cit., p. 2.
6. Johnston, L.; O'Malley, P.; and Bachman, J., "The Social Milieu for Seniors," *Drug Use, Drinking, and Smoking:National Survey Results from High School, College, and Young Adult Populations 1975-88*, U.S. Department of Health and Human Services, p. 150. Based on surveys conducted on a yearly basis between 1975 and 1988 of approximately 16,000 high school seniors. The surveys were conducted by the University of Michigan and funded by the National Institute on Drug Abuse.
7. Oppenheim, op. cit., p. 2.
8. Johnston, L., "1990 National High School Senior Drug Abuse Survey," *Monitoring the Future Survey*, U.S Department of Health and Human Services, 1990, Press Release, January 24, 1991, p. 1. Based on a survey of approximately 16,000 high school seniors conducted by the University of Michigan's Institute for Social Research and funded by the National Institute on Drug Abuse.
9. Ibid., p. 2.
10. Hawkins, J., and Catalano, R., *Risk and Protective Factors for Alcohol and Other Drug Problems in Adolescence and Early Adulthood: Implications for Substance Abuse Prevention*, 1989, pp. 7-8. Based on a study by Robins, L., and Pryzbeck, T. (1985) Age of onset of drug use as a factor in drug and other disorders.
11. Brown, M., "Health and Human Services News Release," *NIDA Senior Survey*, February 13, 1990, pp. 2-3. Based on a survey of approximately 16,000 high school seniors conducted by the University of Michigan and funded by the National Institute on Drug Abuse.

12. Johnston, L., "1990 National High School Senior Drug Abuse Survey," *Monitoring the Future Survey*, U.S Department of Health and Human Services, 1990, Press Release, January 24, 1991, p. 2. Based on a survey of approximately 16,000 high school seniors conducted by the University of Michigan's Institute for Social Research and funded by the National Institute on Drug Abuse.

13. Ibid., p. 3.

14. Dembo; R.; Farrow; D.; Schmeider; J.; and Burgos W., "Testing A Causal Model of Environmental Influences on Early Drug Involvement of Inner City Junior High School Youths," *American Journal of Drug and Alcohol Abuse*, 1979, pp. 313-336.

15. Johnston, op. cit., Table 9.

16. Ibid., Table 9.

17. Ibid., Table 19.

18. Gottfredson, G.D., *Issues in Adolescent Drug Use*, Unpublished final report to the U.S. Department of Justice, 1988. Baltimore, MD: Johns Hopkins University, Center for Research on Elementary and Middle Schools.

19. Scholastic Inc.,"What Do You Really Think About Stopping Drug Abuse," *The Scholastic/CNN Newsroom Survey on Student Attitudes About Drug Abuse and Substance Abuse*, January 1990, p. 3.

20. Ibid., p. 3.

21. Ibid., p. 3.

For further information, write to NCADI, P.O. Box 2345
Rockville, MD 20852

Prevention Materials on Secondary School Students

The materials listed in OSAP's Prevention Resource Guide have been reviewed for scientific accuracy based on the latest available scientific findings; appropriateness for the target audience as described by the developers of the materials; and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are first and foremost based on the principle of "do no harm." All materials contain a clear no-use (of nicotine, alcohol, and other drugs) message for youth. *The listing of these materials, however, does not imply Government endorsement or approval of the messages or materials.*

Bainbridge High: Where Drugs Are as Plentiful as Potato Chips

League, V.C.

Organization: Grantsmanship Center
Year: 1990
Format: Article
Length: 4 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Educators, Health Care Providers, and Parents
Setting: Schools, Nonprofit Organizations
Readability: Difficult
Availability: Free from Grantsmanship Center, P.O. Box 6210, Los Angeles, CA 90014; 213-689-9222; Attn. Susan Stanton.

This article is based on a *Wall Street Journal* article published November 10, 1989, describing doubts about the effectiveness of the 12-year-old Bainbridge school anti-drug programs. Despite high marks for quality, coverage, and innovativeness, 5 percent of junior and senior high school students are drug dependent and 70 percent use alcohol or other drugs weekly. Educators and students were quoted: the consensus was that society's ambivalent messages about drugs have diminished the program's usefulness. The writer, V.C. League, then responded with some recommendations.

Everything You Need to Know About Chemical Dependence

Johnson, V.

Organization: Johnson Institute
Year: 1990
Format: Book
Length: 496 Pages
Context: Stands Alone
Topic: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: General Public, Families, and Parents

Setting: Home

Readability: Average

Availability: Payment Required: $19.95; Johnson Institute, 7151 Metro Blvd., Minneapolis, MN 55435-3425; 612-994-0511.

This book is a compilation of the most popular and practical Johnson Institute literature on chemical dependence designed to serve as a guide for families. Family members will find answers to questions such as: How can I recognize chemical dependence? How can I avoid it? How can problems be solved that come with it? How is chemical dependence different for women, teenagers, children, and elderly? Can it be prevented?

Active Parenting of Teens

Popkin, M.H.

Organization: Southwest Regional Office

Year: 1990

Format: Communications Package

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Community Service Groups and Parents

Setting: Community Organization, Home

Readability: Average

Availability: Payment Required: $295 (entire package); Southwest Regional Office, 1534 Oak Steam, Houston, TX 77043; 1-800-827-0408.

This extensive package includes a completion certificate, a poster, a poem, a promotion guide, a leader's guide, a parent's guide, brochures, and two videos. The goal of the program is to help parents instill principles of cooperation, courage, and responsibility in teens so that they survive and thrive in society.

If You Called the Twos Terrible, What Will You Call the Teen Years?

Williams, R.

Organization: Active Parenting Publishers

Year: 1990

Format: Brochure

Length: 7 Pages

Context: Part of a Packet/Program

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Community Service Groups and Parents

Setting: Home

Readability: Easy

Availability: Payment Required: $295 (entire package); Active Parenting Publishers, 810 Franklin Court, Suite B, Marietta, GA 30067; 1-800-825-0060 or 404-429-0565.

This brochure describes the active parenting of teens' program. It tells how the program teaches parents to deal with important issues that concern their teens.

Let It Be Known Orange High School Is a Drug-Free School: Violators Will Be Prosecuted

Organization: Suzie Mac Specialties, Inc.

Year: 1990

Format: Print Ad

Context: Stands Alone

Topic: Drugs

Mode of Delivery: Self-Instructional

Target Audience: General Public

Setting: Classroom

Availability: Suzie Mac Specialties, Inc., 35 Catters Lane, East Brunswick, NJ 08816; 201-238-3500 or 1-800-221-2493.

This is an (8 1/2" x 11") print ad showing different signs carrying messages against drug use. It includes an ex-

ample of one which carries the message: "Orange School is a Drug Free School Violators Will Be Prosecuted." Ordering information and phone numbers are included.

Cigarettes! Eriko and Nate Talk to Teens

Stang, L.

Organization: Network Publications
Year: 1990
Format: Brochure
Length: 7 Pages
Context: Stands Alone
Topic: Drugs —Cigarettes, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Jr. High and Sr. High Youth
Setting: Home, School
Readability: Easy
Availability: Payment Required: 50 for $15; 200 for $52; Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830; 408-438-4060.

This material personalizes the no-smoking message by recounting two teenagers' experiences with smoking. They point out the harm it does, both in the future and in the present. Ways to handle withdrawal symptoms are also included. Graphics are not fancy, but catch the eye and make for easy reading.

Smokeless Tobacco! Yolanda and Mark Talk to Teens

Stang, L.

Organization: Network Publications
Year: 1990
Format: Brochure
Length: 7 Pages
Context: Stands Alone
Topic: Drugs —Tobacco, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Jr. High and Sr. High Youth
Setting: Home, School
Readability: Easy
Availability: Payment Required: 50 for $15; 200 for $52; 500 for $110; Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830; 408-438-4060.

This material covers reasons not to use smokeless tobacco including how it affects your appearance and what it can do to your health. In the words of teenagers, it shows what others may think of users. Ways to stop are included. Refers to snuff dippers as "dips," and treats users in similar language. Style is eye-catching and easy to read, but not slick.

AIDS: What We Need to Know

Organization: The March Of Dimes Birth Defects Foundation
Year: 1990
Format: Brochure
Length: 2 Pages
Context: Stands Alone
Mode of Delivery: Self-Instructional
Target Audience: Jr. High Youth
Setting: Home
Readability: Average
Availability: Free in small quantities. Bulk orders $7.50/50; The March of Dimes Birth Defects Foundation, Community Services Department, 1275 Manaroneck, White Plains, NY 10605; 914-997-4720.

This material is designed to alert teenagers to how AIDS is spread and how to prevent the disease. Prevention message includes strong "no use" message. Pamphlet also includes the National AIDS hotline number (1-800-342-AIDS).

Learning to Live Drug Free. A Curriculum Model for Prevention

Organization: Department of Education
Year: 1990
Format: Teacher's Lesson Plans, Fact Sheets, and Resource Lists
Context: Curriculum Packet
Topic: Prevention
Mode of Delivery: Self-Instructional
Target Audience: K-12
Setting: Schools
Readability: Average
Availability: National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852, 301-468-2600; 800-729-6686; Free.

Learning to Live Drug Free infuses drug prevention lessons into six subjects: Health and Physical Education, Language Arts, Mathematics, Science, Social Studies, and Art Music. The curriculum model is divided into four-grade clusters, K-3, 4-6, 7-8, and 9-12. Each grade cluster is divided into sections that include background for teachers, working with parents and the community, lesson plans, and activities. Schools may choose to use the curriculum as their primary prevention resource or as a supplement to other established substance abuse prevention efforts. This curriculum model was created so that no training or instructions would be necessary.

Here's Looking at You, 2000

Organization: Comprehensive Health Education Foundation (CHEF)
Year: 1986
Format: Teachers Guide, Videotape, Posters, Puppets, Reference Materials
Context: Curriculum Kit
Topic: Prevention
Mode of Delivery: Self-Instructional
Target of Audience: K-12
Setting: Schools
Readability: Average
Availability: Comprehensive Health Education Foundation (CHEF), 22323 Pacific Highway South, Seattle, WA 98198, 206-824-2907; $7,500 plus shipping and tax or can be purchased by grade level. Grades 7-9 $940; Grades 10-12 $1,395.

The Here's Looking at You, 2000 curriculum focuses on three areas: providing information, developing social skills, and promoting bonds with institutions and pro-social peers. Teaching is facilitated by the use of cross-age teaching and cooperative team learning with parental and community involvement encouraged. The curriculum for grades K-12 includes more than 150 lessons. Each grade-level kit contains a guide and necessary materials. There are more than 30 videotapes, 60 posters, books, cards, filmstrips, games, puzzles, puppets, reference materials, costumes, charts, scripts and other materials.

The D.A.T.E. Manual, Revised. Drug-Alcohol-Tobacco Education's Substance Abuse Prevention Program for K-12

Organization: Drug Alcohol Tobacco Education, Inc.
Year: 1989, 5th Edition
Format: Binder of materials
Context: Curriculum program
Topic: Prevention
Mode of Delivery: Self-instructional, optional workshop
Target Audience: K-12
Setting: Schools
Readability: Difficult

Availability: Drug Alcohol Tobacco Education, Inc., 3426 Bridgeland Drive, Bridgton, MO 63044; $49.95 for manual.

The DATE curriculum is designed to provide a comprehensive approach to substance abuse prevention involving all grade levels. Each grade level has its own curriculum and complements the others. To prevent alcohol and other drug abuse, DATE teaches positive life skills. The 10-12 curriculum addresses the following issues: decision making, values clarification, resistance to peer pressure and media persuasion. Each area of concern is written in terms of behavioral objectives, learning objectives, and a sample assessment method. Parental and community involvement is encouraged. Teaching methods include cross-age teaching, role playing, group activities, audiovisuals, and teacher-led discussion.

Team Stars: Skills for Deciding Together

Organization: IRI

Year: 1989

Format: Teachers manual, handout-section

Context: Curriculum Handbook

Topic: Prevention

Target Audience: Grades 6-8

Mode of Delivery: Self Instruction

Setting: Schools

Readability: Average

Availability: IRI, 200 East Wood Street, Suite 250, Palatine, IL 60067; 800-922-4474; 312-991-6300 in Illinois; $19.95 shipping and tax.

This handbook uses cooperative learning strategies to teach middle-school students to develop thinking and decision making skills. Each of the lessons is designed to integrate new information and skills and to apply them through practice. Group activities include role playing, goal setting, and decision making. Each grade level contains units focusing on smoking, alcohol, chemical substances, self-esteem, problem solving, and team building.

The Performance Edge

Organization: Office on Smoking and Health, Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Office for Substance Abuse Prevention

Year: 1989

Format: Video, Magazine, Brochure

Context: Part of a Program/Packet

Topic: Prevention

Mode of Delivery: Self-Instructional

Target Audience: Sr. High Youth, Jr. High Youth, Coaches, Educators

Setting: Schools

Readability: Easy

Availability: National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852, 301-468-2600; Free.

The program delivers the message that you can be a winner at whatever you do, as long as you remain drug free. It stresses sports as a positive activity and provides statistics and facts on alcohol and other drugs. The video and magazine target junior and senior high students. The brochure provides coaches and teachers with instructions for the program and discussion guidelines.

Project DARE (Drug Abuse Resistance Education)

Organization: Los Angeles Police Department

Publication Date: 1983

Format: Curriculum
Length: 10 Sessions
Context: Stands Alone, Part of a Packet/Program, and Has Training Component
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Instructor-led
Target Audience: A/D Prevention Professionals, Educators—Grades K-9, and Parents
Setting: Community Organization, Government, and School
Availability: Los Angeles Police Department, Juvenile Division, 150 N. Los Angeles Street, Los Angeles CA 90028.

The DARE program teaches students the information and the skills they need to resist peer pressure and to say no to alcohol and other drugs. This comprehensive curriculum is delivered by uniformed police officers with the special focus being on 5th, 6th and 7th graders. The primary objective is to help students recognize and resist the pressures that influence them to experiment with drugs. This is accomplished by focusing on four major areas: providing accurate alcohol and other drug information, teaching students decision making skills, showing them how to resist peer pressure, and giving them ideas for positive alternatives to drug use. In addition to formal instruction, the DARE officer interacts with the students outside the classroom, during lunch and recreational activities. A pre/post test is provided for assessment purposes. Parental involvement encouraged.

Hazelden 1988 Educational Materials Catalog

Organization: Hazelden Educational Materials
Year: 1988
Format: Catalog
Length: 155 Pages
Context: Stands Alone
Topics: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: General Public, Educators, and A/D Treatment Professionals
Availability: Available free from Hazelden, Pleasant Valley Road, Box 176, Center City, MN 55012-0176, (800) 328-9000.

The complete catalog from Hazelden offering educational and teaching aids on health promotion as well as on alcohol and drug dependency. A description of each item is provided.

After the Tears: Reclaiming the Personal Losses of Childhood

Mideleton-Moz, J., and Dwinell, L.

Organization: Health Communications, Inc.
Publication Date: 1986
Format: Book
Length: 146 Pages
Context: Stands Alone
Topic: Alcohol, Intervention/Treatment, and COAs
Mode of Delivery: Self-Instructional
Target Audience: High-Risk Families, A/D Treatment Professional, and EAPS
Readability: Fairly Difficult
Availability: Payment Required: $7.95; Health Communications, Inc., 1721 Blount St., Suite 1, Pompano Beach, FL 33069.

This book applies grief resolution principles to the recovery process for children of alcoholics (COAs). Designed for professionals working with COAs as well as for COAs and other children from dysfunctional families.

Inside the Adolescent Alcoholic

Krupski, A.M.

Organization: Hazelden
Publication Date: 1982
Format: Book
Length: 78 Pages
Context: Stands Alone
Topics: Alcohol/Drugs, Intervention/Treatment, and Adolescent Alcoholism
Mode of Delivery: Self-Instructional
Target Audience: Parents, High-Risk Families, and A/D Treatment Professional
Availability: Hazelden, Box 176, Center City, MN 55012, (800) 328-9000.

This book by an alcoholism counselor uses the story of a female adolescent alcoholic to explain the therapeutic process in teenagers. The book aims to help counselors, teachers, parents, and other adults in acquiring the knowledge and understanding to deal effectively with adolescent alcoholics. Covers such topics as denial, anger, bargaining, depression, and acceptance as they are manifested in adolescents.

Black, Beautiful and Recovering

McGee, G.; Johnson, L.; and Bell, P.

Organizations: Hazelden Education Materials
Publication Date: May 1985
Format: Booklet
Length: 20 Pages
Context: Stands Alone
Topics: Drugs
Mode of Delivery: Self-Instructional
Target Audience: Blacks and General Public
Readability: Fairly Difficult
Availability: Hazelden Foundation, Pleasant Valley Road, Box 176, Center City, MN. 55012-0176.

Booklet discusses the special needs of the recovering Black addict/alcoholic.

Pablito's Secret/El Secreto de Pablito

Figuera, R.

Organization: Health Communications, Inc.
Publication Date: 1984
Format: Booklet
Length: 30 Pages
Context: Stands Alone
Topics: Alcohol, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Educators—elementary and Elementary Youth
Setting: School
Readability: Easy
Availability: Health Communications Inc., 2119-A Hollywood Boulevard, Hollywood, FL 33020.

Picture storybook looks at the wall of denial a young boy learns to erect when one of his parents is an alcoholic. The story has a hopeful ending when the boy learns of the resources available to help them.

Drugs and Trouble at Home

Gillespie, J.

Organizations: Hazelden
Year: 1989
Format: Brochure
Length: 8 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth—5-12, High-Risk Youth, and Jr. High Youth —13-15
Setting: Home and School
Readability: Easy
Availability: Hazelton, Pleasant Vally Road, P.O. Box 176, Center City, MN 55012-0176, 1-800-328-9000.

This prevention brochure's goal is to teach kids not to turn to drugs when there are troubles at home. It tells children to deal with the problem instead of avoiding it by using drugs. Kids are informed that they can turn to friends, their age or adults, for help.

Young Winners Guide to the "Big Book"

Rosengreen, J.

Organization: Comp Care Publishers
Year: 1990
Format: Workbook
Length: 90 Pages
Context: Stands Alone
Topics: Alcohol/Drugs and Intervention/Treatment
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: Patients, Sr. High Youth, and Young Adults
Settings: Home
Readability: Average
Availability: Payment Required $6.95; Comp Care Publishers, 2415 Annapolis Lane, Minneapolis, MN 55441. Notes: Must be used with the BIG BOOK.

This is a workbook for teenagers and young adults in recovery to use with the A.A. Big Book. It provides exercises and question/answer sessions based on the Big Book, which are tailored to young people, in order to make the Big Book relevant and useful for them.

When to Say Yes! and Make More Friends

Scott, S.

Organization: Human Resources Department
Format: Book
Length: 107 Pages
Context: Stands Alone
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Jr. High Youth and Sr. High Youth
Setting: Home and School
Readability: Average
Availability: Payment Required— $7.95; Human Resources Department, Amherst, MA 01002.

This book teaches teenagers how to manage negative peer pressure and turn it into positive peer pressure. It teaches youth skills to teenagers so they can reach out to each other.

Talking with Your Teenagers About Drugs

Stang, L.

Organization: ETR Associates
Publication Date: 1990
Format: Brochure
Length: 7 Pages
Context: Stands Alone
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Parents
Setting: Home
Readability: Easy
Availability: One for free; 50 for $15; P.O. Box 1830, Santa Cruz, CA 95061-1830.

This brochure explains to parents the importance of educating their children about drugs. It explains how to teach facts about drugs. It also explains that it is important for parents to set a good example for their children.

Drugs' Kim and Tran Talk to Teens

Stang, L.

Organization: ETR Associates, Network Publications

Publication Date: 1990
Format: Brochure
Length: 7 Pages
Context: Stands Alone
Topic: Cocaine, Marijuana and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Jr. High Youth, Teenagers, and Sr. High Youth
Setting: Home and School
Readability: Easy
Availability: One for free; 50 for $15; ETR Associates, P.O. Box 1830, Santa Cruz, CA 9561-1830.

This brochure is about two teenagers. One of the teenagers started smoking marijuana at school, was caught by the principal, and was then sent to rehabilitation. The second teenager starting using cocaine to stay awake, was arrested, and was then sent to rehabilitation. Facts were given on both marijuana and cocaine.

Decisions: The Edge: Book Five

Westfall, T., and Miles, P.

Sponsor/Endorser: Wisconsin Clearinghouse
Publication Date: 1989
Format: Book
Length: 32 Pages
Context: Stands Alone and Stands Alone
Topics: Drugs—Steroids/Hallucinogens and Prevention
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: A/D Prevention Professionals, Elementary Youth, and Jr. High Youth
Setting: School
Readability: Fairly Difficult
Availability: Wisconsin Clearinghouse, 315 North Henry Street, Madison, WI 53703.

This book was designed to be used in schools to compliment existing drug prevention curricula, and to infuse the drug curriculum into the language arts or reading curricula. Contains dramatic stories on the risks of substance abuse. Each book in the series deals with different drug topics.

Know the Limits-Steer Clear of Drinking, Drugs & Driving

Organization: Colorado Department of Health
Format: Brochure
Length: 6 Pages
Context: Part of a Packet/Program
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: General Public, Drivers, and Young Adults
Setting: General Public
Readability: Easy
Availability: Colorado Department of Health, Alcohol & Drug Abuse Division, 4210 East 11th Avenue, Denver, CO 80220.

This brochure explains the legal consequences of driving while under the influence of alcohol or drugs. It explains what jail penalties and fees can be expected if one is convicted.

Drug Abuse-Don't Myth the Facts

Moss, T.

Organization: New Community Schools
Format: Teacher's Resource
Length: 6 Pages
Context: Part of a Packet/Program
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Educators and Parents
Setting: Home and School
Readability: Easy

Availability: New Community School, P.O. Box 3311, Arlington, VA 22203.

This resource guide explains to parents the "Drug Abuse-Don't Myth the Facts" program. Resources are listed. A vocabulary, pre-program activities, and post program activities are provided.

Say No to Peer Pressure

Moss, T.

Organization: New Community Schools
Format: Poster
Length: 1 Page
Context: Part of a Packet/Program
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth
Setting: School
Readability: Low Literacy
Availability: New Community Schools, P.O. Box 3311, Arlington, VA 22203.

This green and black poster reads "Say No to Peer Pressure to Use Drugs." Beneath the print are ways to say no to peer pressure and drugs.

Their Dreams, Our Destiny

Rainer, H.T.

Organization: H & R Productions
Format: Book
Length: 41 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Native Americans
Settings: Home and School
Readability: Easy
Availability: H & R Productions, P.O. Box 515, Taos, NM 87571.

This book reminds Native Americans that their heritage is important. It tells them to be proud of their culture and to have respect for themselves. It also tries to teach them to take control of their lives.

Youth and Alcohol

Organization: Radio News and Feature Service
Format: Audio Tape
Length: 29 Minute
Context: Stands Alone
Topic: Alcohol and Prevention
Target Audience: General Public and Parents
Readability: N/A
Availability: Available free from Radio News and Feature Service, 25th Floor, 50 East North Temple Street, Salt Lake City, UT 84150.

This audio tape discusses the problem of teenage drinking. It explains that advertisements and availability contribute to teenage drinking. It also states that teenage drinking is very widespread.

About Steroids

Peterson, P.

Organization: ETR Associates
Year: 1990
Format: Brochure
Length: 5 Pages
Context: Stands Alone
Topic: Drugs—Steroids and Prevention
Mode of Delivery: Self-Instructional
Readability: Easy
Availability: One for free; 50 for $15; Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830.

This brochure explains what steroids are, how they effect the body and why they are dangerous. It also explains steroid addiction and side effects.

That's What Friends Are For

Perryman, W.

Organization: Consultant Confidential
Year: 1989
Format: Set of Cards
Length: 13 Pages
Context: Stands Alone
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Jr. High Youth
Settings: Home and School
Readability: Average
Availability: Payment Required—$1.50; Consultant Confidential, P.O. Box 258, Mercer, WA 98040.

These cars make an effort to encourage young people to choose friends wisely, and to avoid drug pushers and others who will use them. The lead card has a color picture of Harold Reynolds of the Seattle Mariners baseball team and an endorsement by him.

Decisions: Book One: Struggle in the Willowtree

Westfall, T., and Miles, P.

Sponsor/Endorser: Wisconsin Clearinghouse
Year: 1989
Format: Book
Length: 31 Pages
Context: Stands Alone and Part of a Packet/Program
Topics: Alcohol and Prevention
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: A/D Prevention Professionals, Elementary and Jr. High Youth
Setting: School
Readability: Fairly Difficult
Availability: Wisconsin Clearinghouse, 315 North Henry Street, Madison, WI 53703; 608-263-2797.

This book was designed to be used in school to compliment existing drug prevention curriculum, and to infuse the drug curriculum into the language arts or reading curricula. Contains dramatic stories on the risks of substance abuse. Each book in the series deals with different drug topics.

Decisions

Westfall, T., and Miles, P.

Sponsor/Endorser: Wisconsin Clearinghouse
Year: 1989
Format: Communications Package
Length: 191 Pages
Context: Stands Alone and Part of a Packet/Program
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: A/D Prevention Professionals, Elementary and Jr. High Youth
Setting: School
Readability: Fairly Difficult
Availability: Wisconsin Clearinghouse, 315 North Henry Street, Madison, WI 53703; 608-263-2797.

This communications package was designed to be used in school to compliment existing drug prevention curriculum, and to infuse the drug curriculum into the language arts or reading curricula. Contains dramatic stories on the risks of substance abuse. Each book in the series deals with different drug topics.

Teacher's Manual-Decisions Book Series

Sponsor/Endorser: Wisconsin Clearinghouse
Year: 1989
Format: Booklet
Length: 32 Pages
Context: Part of a Packet/Program
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Educators—Elementary & Middle
Setting: School
Readability: Fairly Difficult
Availability: Wisconsin Clearinghouse, 315 North Henry Street, Madison, WI 53703; 608-263-2797.

This teacher's guide accompanies the Decision Book Series. It offers teachers background information, discussion questions and activities to help classes or groups explore drug and alcohol issues.

Peer Leadership: A Human Relations Process to Reduce

Turney, T.J.

Organization: Roselle Park High School
Year: 1988
Format: Book
Length: 248 Pages
Context: Stands Alone
Topics: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional and Instructor-Led
Target Audience: Sr. High Youth and Young Adults
Setting: School
Readability: Fairly Difficult
Availability: Roselle Park High School, 185 West Webster Avenue, Roselle Park, NJ 07204.

This book is designed to train teenagers and college students in peer leadership to help fellow students fight drug abuse and suicides. It takes the students through all stages of training, including team building, developing leadership skills and decision making. Exercises, worksheets and a bibliography are included.

Life Quest: A Human Relations & Life Planning Curriculum

Organization: Seattle Indian Center
Format: Booklet
Length: 17 Pages
Context: Stands Alone
Topics: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Native Americans and Sr. High Youth
Setting: School
Readability: Average
Availability: Teacher's Handbook - $45, Student's Handbook - $45; Seattle Indian Center, 611 - 12th Avenue South, Suite 300, Seattle, WA 98144.

This booklet provides information on the Life Quest curriculum. The Life Quest Curriculum is designed as an intervention tool to help prevent Native American high school youth from dropping out of school.

Steroid Alert

Organization: Barr Films
Format: VHS Video
Length: 23 Minutes
Context: Stands Alone
Topic: Drugs — Steroids and Prevention
Mode of Delivery: Self-Instructional

Target Audience: Other—Athletes and Young Adults
Setting: Recreation/Sports and School
Readability: N/A
Availability: Barr Films, 12801 Schabarum Avenue, Irvindale, CA 91706

This video is a documentary about the dangers of steroid abuse. Viewers learn what anabolic steroids are and how they affect the body. Interviews with doctors and ex-professional athletes and body-builders who have used steroids are included.

Darvon, Darvocet & Other Prescription Narcotics

Parker, J.

Organization: D.I.N. Publications
Format: Brochure
Length: 4 Pages
Context: Part of a Packet/Program
Topics: Drugs—Darvon and Prevention
Mode of Delivery: Self-Instructional
Target Audience: General Public and Health Care Providers
Setting: Health Care
Readability: Average
Availability: D.I.N., 6423 South Ash Avenue, Tempe, AZ 85283.

This brochure explains what darvon is and where it was initially produced. When it was first produced, it was believed to be an all-curing drug. Studies disproved this myth and proved that darvon can be very dangerous if not taken directly as the doctor prescribed.

Smokeless Tobacco

Organization: D.I.N. Publications
Format: Booklet
Length: 4 Pages
Context: Part of a Packet/Program
Topic: Drugs—Tobacco and Prevention
Mode of Delivery: Self-Instructional
Target Audience: A/D Prevention Professionals, General Public, and Health Care Providers
Setting: Health Care
Readability: Average
Availability: D.I.N. Publications, 6423 South Ash Avenue, Tempe, AZ 85283.

This booklet explains the dangers of smokeless tobacco. It lists several facts on how smokeless tobacco can affect the body.

Drugs & AIDS

Hain, D.

Organization: D.I.N. Publications
Year: 1990
Format: Brochure
Length: 7 Pages
Context: Part of a Packet/Program
Topics: Prevention
Mode of Delivery: Self-Instructional
Target Audience: College Students, General Public, and Young Adults
Setting: Health Care and School
Readability: Average
Availability: D.I.N., P.O. Box 27568, Tempe, AZ 85285.

This brochure provides facts and statistics on AIDS. It explains how people get AIDs and lists symptoms of AIDS. Ways to avoid AIDS are also included.

Positive Self-Esteem Can Protect Native American Youth-How Can We Help?

Organization: Native American Development Corporation

Year: 1990
Format: Booklet
Length: 25 Pages
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: A/D Prevention Professionals, Native Americans, and Parents
Setting: Community Organization and Home
Readability: Fairly Difficult
Availability: Native American Development Corporation, 1000 Connecticut Avenue, NW, Suite #1206, Washington, DC 20036.

This booklet describes three programs that are being used to build positive self-esteem in Native American youngsters and to help young Indians avoid choices that can lead them to use alcohol or other drugs.

Adolescence-A Tough Time for Indian Youth - What Can We Do?

Organization: Native American Development Corporation
Year: 1990
Sponsor/Endorser; U.S. Department of Education's Drug-Free Schools and Communities Program
Format: Booklet
Length: 20 Pages
Context: Stands Alone
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional and Instructor-led
Target Audience: A/D Prevention Professionals, Educators, and Native Americans
Setting: Community Organization and School
Readability: Fairly Difficult
Availability: Native American Development Corporation, 1000 Connecticut Avenue, NW, Suite #1206, Washington, DC 20036.

This booklet looks at evidence supporting data in relationship to the tasks of the American Indian adolescent. It explains and discusses the cultural context in which adolescents behave for better understanding to help them through the tough period of adolescence.

Say "No" to All Tobacco-It's Too Risky!

Gale, C.

Organization: Native American Development Corporation
Year: 1990
Format: Poster
Length: 1 Page
Context; Stands Alone
Topic: Drugs — Tobacco and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth and Native Americans
Setting: Recreation/Sports and School
Availability: Native American Development Corporation, 1000 Connecticut Avenue NW, Suite #1206, Washington, DC 20036.

This (21"x16") poster has a photo of an American Indian young child encouraging the public to be tobacco-free. It emphasizes eight negative consequences caused by tobacco.

Story of Steroids

Organization: National Federation of State High School Associations
Format: Article
Length: 41 Pages
Context: Stands Alone
Topics: Drugs—Steroids, Prevention and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Athletic coaches and Parents
Setting: Recreation/Sports

Readability: Average

Availability: National Federation of State High School Association, 11724 Plaza Circle, P.O. Box 20626, Kansas City, MO 64195.

This article warns coaches of the dangerous effects of steroids. It provides warning signs and symptoms of steroid use. It explains to coaches that they must not condone steroid use. The pros and cons of drug testing at high schools are provided. Resources with telephone numbers and addresses are provided.

Students Against Second Hand Smoke Manual

Organization: Dogs Against Drugs

Format: Manual

Length: 5 Pages

Context: Part of a Packet/Program

Topics: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Parents

Setting: Home

Readability: Easy

Availability: Dogs Against Drugs, 1543 Cunningham Way, Santa Rosa, CA 95403.

This manual, geared towards parents, explains the dangers of second hand smoke. It asks parents not to smoke in front of their children.

Prevention/Intervention Resources for Native Americans

Organization: Colorado Department of Health Alcohol & Drug Abuse Division

Year: 1989

Format: Fact Sheet

Length: 8 Pages

Context: Stands Alone

Topic: Alcohol/Drugs, Prevention, and Intervention/Treatment

Mode of Delivery: Self-Instructional

Target Audience: Native Americans

Setting: Home and School

Readability: Fairly Difficult

Availability: Colorado Department of Health Alcohol & Drug Abuse Division, 4210 East 11th Avenue, Denver, CO 80220.

This fact sheet lists State and national resource organizations and examples of what they can provide to the public.

Prevention/Intervention Resources for Hispanics

Organization: Colorado Department of Health Alcohol & Drug Abuse Division

Year: 1989

Format: Fact Sheet

Length: 7 Pages

Context: Stands Alone

Topic: Alcohol/Drugs, Prevention, and Intervention/Treatment

Mode of Delivery: Self-Instructional

Target Audience: Hispanics/Latinos

Setting: Home and School

Readability: Fairly Difficult

Availability: Colorado Department of Health Alcohol & Drug Abuse Division, 4210 East 11th Avenue, Denver, CO 80220.

This fact sheet lists State and national resource organizations and examples of what they can provide to the public.

Prevention/Intervention Resources for Asians

Organization: Colorado Department of Health Alcohol & Drug Abuse Division

Year: 1989

Format: Fact Sheet

Length: 4 Pages
Context: Stands Alone
Topic: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Asian and Pacific Islanders
Setting: Home and School
Readability: Fairly Difficult
Availability: Colorado Department of Health Alcohol & Drug Abuse Division, 4210 East 11th Avenue, Denver, CO 80220.

This is a brief fact sheet listing state and national resource organizations and examples of what they can provide to the public.

Prevention/Intervention Resources for Blacks

Organization: Colorado Department of Health Alcohol & Drug Abuse Division
Revision Date: April 1989
Format: Fact Sheet
Length: 3 Pages
Context: Stands Alone
Topic: Alcohol/Drugs, Prevention, and Intervention/Treatment
Mode of Delivery: Self-Instructional
Target Audience: Blacks
Setting: Home and School
Readability: Fairly Difficult
Availability: Colorado Department of Health Alcohol & Drug Abuse Division, 4210 East 11th Avenue, Denver, CO 80220.

This is a brief fact sheet listing State and national resource organizations, and examples of what they can provide to the general public.

Kevin's Story II

Durrin Films

Organization: Durrin Films
Format: VHS Video
Length: 26 Minutes
Context: Stands Alone
Topics: Alcohol and Prevention
Mode of Delivery: Mass Media
Target Audience: Sr. High Youth and Young Adults
Setting: School
Readability: N/A
Availability: Payment Required—$285; Durrin Films, 1748 Kalorama Road, NW, Washington, DC 20009.

This video shows recovering alcoholics conduct a discussion on drinking, peer pressure, and parental and medicine-pressure. Many common myths and beliefs surrounding alcohol are examined. Retail price includes a teacher's discussion guide.

Kevin's Story

Organization: Durrin Films
Publication Date: 1983
Format: 3/4" Video, VHS Video, and 16mm Film
Length: 19 Minutes
Context: Part of a Packet/Program and Has Training Component
Topics: Alcohol and Prevention
Mode of Delivery: Self-Instructional, Instructor-led, and Mass Media
Target Audience: General Public
Readability: N/A
Availability: Unknown
Notes: Missing
Availability: Durrin Films, 1748 Kalorama Road, Northwest, Washington, DC 20009, 202-387-6700.

Kevin's Story tells the story of Kevin Tunell who killed a young woman in a drinking and driving accident. Rather than sentencing Kevin to a year in jail, he was sentenced to talk to groups about his accident for 1 year. This is a film about his speech.

Christy's Chance

Devault, C., and Strong, B.

Organization: Network Publications
Format: Book
Length: 69 Pages
Context: Stands Alone
Topics: Drugs—Marijuana, Alcohol/Drugs, and Prevention
Mode of Delivery: Jr. High Youth
Setting: Home and School
Readability: Easy
Availability: Payment Required—$3.95; Network Publications, P.O. Box 1830, Santa Cruz, California 95061-1830.

This book is about young people faced with real-life choices and decisions. The reader makes the decisions for the character. In this book the characters are faced with the decision to smoke marijuana. The reader can make the characters smoke marijuana or not smoke marijuana. In either case, the consequences are shown.

Another 48 Hours

Organization: Channel 9 CBS News
Format: VHS Video
Context: Stands Alone
Topics: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: General Public, Adults, and Young Adults
Setting: Television
Readability: N/A
Availability: Public Domain

This TV news special hosted by Dan Rather was a broadcast on alcohol and drugs and how they affected the lives of users and their family and friends. In one section a mother from MADD drove around in a patrol car for an entire evening; another section showed an alcoholic going through recovery with his family; another section showed a group of recovering alcoholics going on an outdoor trip.

You Didn't Cause It, You Can't Cure It, But You Can Cope With It

Organization: Performance Resource Press, Inc.
Format: Poster
Context: Stands Alone
Topic: Alcohol/Drugs and Prevention
Mode of Delivery: Self-Instructional
Target Audience: Elementary Youth, High-Risk Youth, and COAs
Setting: School
Readability: Low Literacy
Availability: Payment Required—$1.50; Performance Resource Press, Inc., 2145 Crooks Road, Suite #103, Troy, MI 48084.

This poster has an illustration of a man who is ready to slap a woman. In front of him are four beer bottles. In the background is a young boy watching. The caption reads "You didn't cause it, you can't cure it, but you can cope with it."

Studies, Articles, & Reports on Secondary School Students

Government Publications and Journal Articles

Substance Abuse and Adolescent Suicidal Behavior

Crumley, F.E.

Journal of the American Medical Association 263(22):3051-3056, 1990.

(Reprints available from Dr. Frank E. Crumley, Baylor Medical Plaza, 3600 Gaston Avenue, #808, Dallas, TX 75246.)

The association between substance abuse and adolescent suicidal behaviors is discussed. Headings within this article include: (1) evidence for an association between substance abuse and adolescent suicide and attempted suicide; (2) evidence for an association between substance abuse and the frequency and medical seriousness of suicide attempts; (3) evidence for an association between substance abuse and depression and/or conduct and personality disorders; (4) evidence for an association between alcohol abuse and firearm suicide by adolescents; and (5) limitations and artifacts of studies. It is concluded that the increased incidence of psychoactive substance abuse by adolescents is significantly related to increased adolescent suicidal behavior. 57 Ref.

Serious Alcohol and Drug Problems among Adolescents with a Family History of Alcoholism

Pandina, R.J., and Johnson, V.

Journal of Studies on Alcohol 51(3):278-282, 1990.

Data concerning adolescents' alcohol- and drug-using behaviors, as well as the drinking patterns of their parents, were obtained from a sample of 1,380 New Jersey youth born between 1961 and 1969. Initially tested between 1979 and 1981 at ages 12, 15, or 18, these subjects were retested two additional times at 3-year intervals (retest rate = 92 percent). Investigators wished to determine if offspring of families exhibiting a positive history of alcoholism (FH+) reported a serious alcohol or drug problem (including seeking treatment) at a higher rate than those without such backgrounds (FH-). Analyses indicated that FH+ rates for a self-reported alcohol and/or drug problem were about twice the rate for FH- individuals and about 1.5 times as high as the base rate for the entire sample. However, there were no significant differences between the two groups of troubled youth in

terms of alcohol or marijuana use patterns or frequency of use-related negative consequences. Our data also illustrated that FH+ females were as likely as FH+ males to report a serious problem and that FH+ families reported a higher rate of having more than one troubled offspring. It is of special import that these results are based upon observations of a community-based sample of adolescents and young adults in contrast to studies relying upon clinical samples and retrospective reports. 27 Ref.

Sources of Information About Drugs and Alcohol for Black and White Suburban High School Students

Beck, K.H., and Summons, T.G.

Health Education 21(2):20-24, 49, 1990.

An anonymous survey questionnaire was administered in school to over 1,100 White and close to 400 African American middle class, suburban high school students. The questionnaire included questions about the source of information and influence about drugs and alcohol. Results revealed that while both groups rated the mass media as their best source of information, Whites were more likely to report this than African Americans. African Americans reported more frequently than Whites that they would go to their family if they had a question about alcohol or drugs, if they thought they had a problem with and needed help with a drug problems, and would most likely believe their family if they were told that they had a problem with alcohol or drugs. Whites were more likely to use their friends for these sources of information. Results are discussed in terms of the need to empower parents to be more influential at preventing alcohol and drug abuse among adolescents and for the need to research whether middle class African American families employ interaction patterns that offer greater protection of their children from substance abuse than do White families. 19 Ref.

Who Is Using What in the Public Schools: The Interrelationships among Alcohol, Drug, and Tobacco Use by Adolescents in New Brunswick Classrooms

Grobe, C., and Campbell, E.

Journal of Alcohol and Drug Education 35(3):1-11, 1990.

Alcohol, drug, and tobacco users in the New Brunswick schools were studied using data from the Provincial School Drug Survey (PSDS), which is a large-scale assessment of alcohol, drug, and tobacco usage among public school children conducted in 1986 by the New Brunswick Alcohol and Drug Dependency Commission along with the New Brunswick Department of Education. The study results revealed very little of predictive accuracy in the profiles of tobacco and alcohol users, and it is noted that the use of these drugs is common across all levels of society in North America. Intercorrelations based on respondents reporting use of prescription drugs and nonprescription drugs were not significant. Intercorrelations based on nonprescription drug use tended to be statistically significant. It is suggested that the "typical" adolescent drug user may have a high-risk personality and is willing to experiment with a variety of chemical substances. 5 Ref.

For further information, write to NCADI, P.O. Box 2345
Rockville, MD 20852

Monitoring Parent Concerns About Teenage Drinking and Driving: A Random Digit Dial Telephone Survey

Beck, K.H.

American Journal of Drug and Alcohol Abuse 16(1/2):109-124, 1990.

A random telephone survey was conducted in a suburban community in the Washington, DC, metropolitan area to assess the perceptions of parents about teenage drinking and driving. A total of 807 completed interviews were conducted. The results indicated that while most parents viewed teen drinking (69 percent) and drinking and driving (65 percent) to be prevalent, relatively few seem to be engaging in behaviors likely to influence this. Thirty-two percent said they never discuss drinking and driving with their children, and over 65 percent said they never talk to other parents about how to talk to their children about drinking and driving, nor have any interest in doing so. Although slightly more than half said they had family policies concerning drinking, less than 20 percent said there were penalties for violating these policies. Over 70 percent expressed their willingness to watch a special show on TV about how parents can talk to their children about alcohol. Parents of teenagers appear to be far more likely to think that their teen's friends drink and drive (36 percent) than they are to think that their teen drink and drives (10 percent). The results of this survey indicate a significant lack of parental awareness of teen drinking and a denial of their own teen's involvement in it. 25 Ref.

Drug Prevention in Junior High: A Multi-Site Longitudinal Test

Ellickson, P.L., and Bell, R.M.

Science 247(4948):1299-1305, 1990.

Results from a longitudinal experiment to curb drug use during junior high school attendance indicate that education programs based on a social-influence model can prevent or reduce young adolescents' use of cigarettes and marijuana. This multisite experiment involved the entire seventh-grade cohort of 30 junior high schools drawn from eight urban, suburban, and rural communities in California and Oregon. Implemented between 1984 and 1986, the curriculum's impact was assessed at 3-, 12-, and 15-month followups. The program, which had positive results for both low- and high-risk students, was equally successful in schools with high and low minority enrollment. However, the program did not help previously confirmed smokers and its effects on adolescent drinking were short-lived. 32 Ref.

Beliefs About AIDS, Use of Alcohol and Drugs, and Unprotected Sex among Massachusetts Adolescents

Hingson, R.W.; Strunin, L.; Berlin, B.M.; and Heeren, T.

American Journal of Public Health 80(3):295-299, 1990.

(Reprints available from Ralph W. Hingson, ScD, Professor and Chief, Social and Behavioral Sciences Section, Boston University School of Public Health, 85 East Newton Street, Boston, MA 02118-2389.)

In August 1988, 1,733 Massachusetts 16-19-year olds were surveyed by telephone using anonymous random

digit dialing; response rate 82 percent. Logistic regression tested whether alcohol and drug use, perceived susceptibility to human immunodeficiency virus (HIV), severity of HIV if infected, effectiveness of condoms in preventing infection, barriers to condom use, and behavioral cues such as exposure to media or personal communication about acquired immunodeficiency syndrome (AIDS) were independently related to condom use. Among sexually active respondents, (61 percent of those interviewed), 31 percent reported always using condoms. Respondents who believed condoms are effective in preventing HIV transmission and worried they can get AIDS were 3.1 and 1.8 times, respectively, more likely to use condoms all the time. Respondents who carried condoms and who had discussed AIDS with a physician were 2.7 and 1.7 times, respectively, more likely to use them. Those who believed condoms do not reduce sexual pleasure and would not be embarrassed if asked to use them were 3.1 and 2.4 times, respectively, more likely to use condoms. Teens who averaged five or more drinks daily or used marijuana in the previous month were 2.8 and 1.9 times, respectively, less likely to use condoms. Among respondents who drink and use drugs, 16 percent used condoms less often after drinking and 25 percent less often after drug use. Those counseling adolescents about HIV should assess and discuss beliefs outlined in the Health Belief Model, as well as their alcohol and drug use. 14 Ref.

Longitudinal Study of Antisocial Behaviors in Early Adolescence as Predictors of Late Adolescent Substance Use: Gender and Ethnic Group Differences

Windle, M.

Journal of Abnormal Psychology 99(1):86-91, 1990.

Data from the National Longitudinal Youth Survey (NLSY) were analyzed to study interrelationships between antisocial behaviors in early adolescence (ages 14-15) and late adolescent alcohol and drug use 4 years later (when adolescents were 18-19). Correlations between classes of antisocial behaviors in early adolescence and substance use in late adolescence were of higher magnitude and more uniform for men than for women; for women, property offenses (e.g., vandalism) in early adolescence were more highly associated with alcohol use, alcohol-related problems, and illicit drug use in late adolescence than with either status offenses or transgressions against persons. Multiple regression analyses indicated that early-adolescent substance involvement was a significant predictor of late-adolescent alcohol and drug use. Additional significant predictors included early adolescent general delinquency, male gender, and non-African American ethnicity. 22 Ref.

For further information, write to NCADI, P.O. Box 2345
Rockville, MD 20852

Project Impact: A National Study of High School Substance Abuse Intervention Training

Caudill, B.D.; Kantor, G.K.; and Ungerleider, S.

Journal of Alcohol and Drug Education 35(2):61-74, 1990.

High school administrators (N=176) were surveyed in five States after receiving substance abuse prevention/intervention training in a program called Project Impact. The project is based on a social learning/community intervention model using a wide range of professionals and resources in substance abuse intervention efforts. Findings indicated that the Project Impact program was perceived as 5 to over 20 times as effective as any other strategies for combatting substance abuse. Impact-trained administrators reported referring considerably more substance-abusing adolescents to the multidisciplinary Impact Core Teams than did those with no such training. Impact was deemed as most efficacious when the students' families and professionals in the school and community work together as a team to prevent and combat substance abuse. The findings suggest that heightened visibility of substance abuse intervention resources could be useful. Responses to various hypothetical substance-abusing situations were also examined. Implications for future substance abuse intervention efforts are discussed. 27 Ref.

Other Publications

Black Adolescent Alcohol Abusers: Severity of Alcohol Use, History of Child Abuse, and Current Level of Depression

London, D.P.

Ph.D. diss., Boston University, Boston, 1990.
(Reprints available from UMI, 330 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA 9001154.)

The present study examined the interrelationships among alcohol use, child abuse, and depression among African American adolescent problem drinkers. The subjects were 30 females and 30 males who were patients at an alcohol abuse outpatient clinic. They completed protocols eliciting data on substance use, depression and violence, all of which were part of the clinical intake procedure. Statistical analyses included t-tests, Pearson product moment correlation coefficients and multiple regression. Several hypotheses were tested: the first, most adolescents would have a history of child abuse victimization, was not supported; the second, that the greater the severity of problem drinking, the greater the extent of child abuse, was not supported for either sex; the third, that sexually abused girls would have a greater degree of problem drinking than non-sexually abused girls, was not supported; and the fourth, that there would be a strong positive relationship between severity of alcohol abuse and incidence of family violence, was supported only for the boys. Other results were: girls were more depressed than boys, both sexes were polydrug abusers with more than

half the sample using cocaine often, and the adolescents indicated lack of bonding to both peers and family.

Relations of Perceived Friends' and Parents' Pressure and Attitudes Toward Drinking to Alcohol Use: Changes During Adolescence

Park, K.

Ph.D. diss., Purdue University, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order #DA 9008675.)

The major goal of this study was to determine whether there are changes during adolescence in the relations of attitudes and the perceived pressure of friends and parents toward drinking to reported drinking. Seventh, 9th and 11th graders were given a questionnaire that assessed perceived normative pressure, attitudes toward drinking, intentions to drink, and current involvement in drinking. The results showed that 7th graders intended to drink less and were less involved in drinking than were 9th and 11th graders. By contrast, perceived parental pressure did not vary with the age of the adolescents; all adolescents reported strong pressure from parents against drinking. Seventh graders were more attuned with the negative consequences of drinking than 9th or 11th graders. Ninth graders, in turn, were more aware of the psychological costs of drinking than were 11th graders. On the other hand, perceived benefits of drinking did not differ with age. Both perceived pressure of friends and adolescents' attitudes toward drinking were strongly associated with adolescents' drinking intentions and behavior. The impact of perceived friends' pressure on drinking was constant across the three age groups. However, parental pressure decreased in importance for explaining adolescents' drinking with increasing age. As age increased, perceived benefits were more strongly associated with adolescents' drinking. Conversely, negative consequences became more weakly associated with their drinking between 7th and 11th grade. Thus, for younger adolescents, it may be most effective to emphasize the negative consequences of drinking, and for older adolescents, it may be most effective to teach them how to enjoy themselves without using alcohol.

Drug Use, Peer Relationships, and the Transition from High School to College

Engel, J.W.

Ph.D. diss., Colorado State University, Fort Collins, CO, 1990.

(Reprints are available from the publisher at: UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA9007073.)

College freshmen less than or equal to 20 years of age responded to a questionnaire that asked about current alcohol and drug use, peer relationships associated with use and, retrospectively, about their alcohol and drug use in a typical month of their senior year of high school. For drugs other than alcohol and marijuana, the best predictor of drug use at the beginning of college is drug use during a typical month of the senior year of high school. College freshmen, however, use marijuana less frequently than they did in high school and the use of alcoholic beverages increases early in college. While the frequency of alcohol use increases considerably, college freshmen do not increase

the number of times they get drunk. One reason why the high correspondence of drug use between high school and college should not occur is the likely change in peer relations. It would be expected that this alteration in peer group would also alter subsequent rates of drug and alcohol use. However, most entering freshmen quickly found new friends with whom they could get drunk and do drugs. Since the data show that college and high school drug use is very similar, it is likely that they found new friends much like their high school friends to use drugs and get drunk. Alcohol and drug use may be important determining factors in the choice of new college friends.

Family Systems and Adolescent Drug Abuse

Volk, R.J.

Ph.D. diss., Purdue University, 1990.
(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA 9008708.)

Causal models of adolescent substance abuse from a family systems perspective are developed using data from a large scale family therapy efficacy grant funded by the National Institute on Drug Abuse. A structural equation modeling approach that incorporates systemic and developmental (individualization) perspectives on drug abuse is used in examining the impact of the family system on overall drug use severity and tobacco, alcohol, and marijuana use. The 111 families of adolescent substance abusers represented families of youthful drug users typically seen in treatment. Overall, the family systems causal models explained significant proportions of variance in adolescent illicit drug use but were not predictive of licit drug use. None of the family systems variables was predictive of the frequency of adolescent tobacco or alcohol use. Conversely, greater family cohesiveness and open family communication were negatively related to overall drug use severity and marijuana use. Democratic parenting styles were associated with greater marijuana use, and there was a trend that suggested that clearer intergenerational roles predict less adolescent marijuana use. Propositions based on the findings are developed, and hypotheses about the efficacy of the Purdue Brief Family Therapy program for treatment of these families are offered.

Teenage Substance Abuse: Life Change, Personality and Family Systems Parameters

Dillon, C.A.

Ph.D. diss., Northwestern University, 1990.
(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA 9002486.)

A family study, this research examined the relationships that number, currency, and severity of life change events; self-esteem, locus of control, frequency of family history of substance usage, and family cohesion; and adaptability and satisfaction have to extent of teenage alcohol/drug use. Families were classified into No Use(71), Some Use(38), and Extensive Use(45) groups according to the student's self-report of substance usage. The investigation used a posttest only design with non-equivalent groups. One hundred and five triadic families (student, mother, father) and forty nine dyadic families (student, 41 mothers, 8 fathers) were recruited from non-clinical and clinical populations to complete a paper and

pencil questionnaire comprised of a variety of assessment tests. Significant findings included the following: (1) number of life change events was positively related to increased student usage for student and family groups (students and parent(s) combined); (2) Some Use and Extensive Use mothers and Some Use family groups reported significantly earlier life change events than the No Use group; (3) self-esteem was negatively related to increased student usage for students; (4) student usage was positively related to increased frequencies of both parental and grandparental usage; (5) younger students (7, 8, 9th grade) were more impacted by grandparental usage than were older students (10, 11, 12th grade); (6) family groups noted increased frequencies of parental/grandparental usage as student usage increased; (7) balanced family types were negatively related to increased student usage; and (8) connectedness was linked to No Use and separateness was related to Extensive Use, especially for younger students.

An Empirical Examination of a Mixed Bonding Model of Adolescent Substance Use

Mason, D.T.

Ph.D. diss., University of Iowa, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA 9009331.)

Recent research suggests that social bonding is primarily mediated by the differential peer association process. This study investigates how well a mixed bonding model of adolescent drug and alcohol use does in accounting for adolescent substance use or if social bonding processes are mediated by peer association factors when it comes to this type of misconduct. Using data from Bachman et al.'s Youth in Transition survey for 1982, a mixed bonding model of adolescent substance use was assessed using the Lisrel program. This model contained measures of all bonding variables, as well as structural and peer process measures drawn from differential peer association. Analysis revealed that the model provided an adequate fit with the data: an AGFI of .852 was obtained. The causal analysis indicated that differential peer association had the greatest effect on an adolescent's lifetime use of mood-altering chemicals and mediated the impact of the bonding factors. The only bonding dimensions to have a direct impact on substance use was education commitment and commitment to adult status, although the latter's effect parameter was quite small. Socioeconomic status and sex bore a direct relationship with adolescent substance use, effects which were not hypothesized. The model accounted for about 57 percent of the variation in adolescent substance use.

Prospects for Preventing Drug Use among Young Adolescents

Ellickson, P.L., and Bell, R.M.

Report, Rand Corporation, Santa Monica, CA, 1990.

Issues in the prevention of adolescent drug use are described, with a focus on a school-based program, Project ALERT. Headings within this report include: (1) introduction and Project ALERT; (2) issues in preventing adolescent drug use, including alcohol, cigarettes, and marijuana; (3) Project ALERT curriculum, experimental design, and evaluation; (4) how effective was Project ALERT; and (5) conclusions and implications for future prevention efforts. It is

concluded that the study findings support the implementation of the social influence model in middle and junior high schools; that social influence programs are most effective when the social context reinforces their messages; that legalization of marijuana and other drugs could undermine prevention efforts; that adolescents who are heavy cigarette users may need a more aggressive prevention program; and that booster programs are necessary for extending the effects of social influence programs. Appendix materials include a detailed description of Project ALERT sessions, baseline survey items, and detailed program results by substance. 98 Ref.

Family Therapy for Adolescent Drug Abuse

Friedman, A.S., and Granick, S. (Eds.)

Lexington, MA: Lexington Books, 1990.

Recent developments in treatment research and treatment methods for adolescent drug abuse are presented, with emphasis on family therapy approaches, under these chapter headings: the adolescent drug abuser and the family; treatment needs and services for adolescent drug abusers; adolescent substance abusers and family therapy; the family scene when a teenager uses drugs: case vignettes and the role of family therapy; the parents' predicament; the family therapist's use of self; the interactions of the person with the family therapist with the family in treatment; families of adolescent drug abusers are "rigid": are these families either "disengaged" or "enmeshed," or both?; what mothers know about their adolescents' alcohol/drug problems, and how mothers react to finding out about it; the functional family therapy model; family therapy versus parent groups: effects on adolescent drug abusers; is father participation crucial for the success of family participation?; structural family therapy for adolescent substance abusers and their families; three responses to Frankel's report on structural family therapy and the "Miller" case; working with African American families on drug problems; I am the stranger who takes their lives seriously; the therapy of the Schmidt family; case study: the "G" family (an intense conflictual mother-son relationship); Ned: a case of drug abuse in a middle-class Jewish family; and breaking homeostasis: the treatment of prolonged adolescence. An index is provided.

Relationship between Adolescent Substance Abuse and Family Functioning

Sharp, J.G.

Ph.D. diss., University of California, Berkeley, 1990.

(Reprints available from UMI, 330 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA9006509.)

This study examines the relationship between adolescent substance abuse and family functioning. As part of a federally-funded study of adolescent substance abuse, individual and family functioning were assessed before and after 16 weeks of Structural-Strategic Family Therapy. Family functioning was assessed via two observer-rated measures (Bleyer's Clinical Rating Scale and the Beavers-Timberlawn Family Evaluation Scale) and via a self-report measure (FACES). Substance abuse was assessed via interview questions with teenagers and with their parents. For

comparison with the families in treatment, a non-clinical sample of families was recruited and evaluated at 4-month intervals. As predicted, clinical families were found to be more dysfunctional than non-clinical families on a broad range of variables. It was also found that adolescent substance abuse diminished during treatment. However, there was little evidence of improvement in family functioning during the course of treatment, and no support for the hypothesis that decreases in substance abuse would be associated with improvements in family functioning. The lack of evidence of changes in family functioning may have resulted from the limitations of the measures employed in this study. Although existing measures allow us to categorize families and to differentiate between distinct samples, they may not be sophisticated enough to inform us about how families change during brief therapy. Qualitative methods may be better suited for this task.

Family and Peer Effects Upon Adolescent Chemical Use and Abstinence

McBroom, J.R.

Ph.D. diss., University of North Texas, Denton, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA9005342.)

Using questionnaire survey-generated data from a single school district, this study investigated the effects of family factors, peer factors, school problem behaviors, and psychosocial factors on adolescents' use of or abstinence from alcohol, marijuana, and other drugs. Following a review of literature, a theoretical framework incorporating family socialization theory was used to operationalize variables, develop indices, and generate hypotheses to be tested, as well as develop a general model of adolescent alcohol and other drug use and abstinence, incorporating the predictor variables. For both junior high-school and high school students, users of alcohol, marijuana, and other drugs were found to score higher on the Family Factors index, the Peer Factors index, School Problems index, and the Psychosocial Factors index. The model differed between alcohol and marijuana users, defining the conditions under which an adolescent is more likely to use or abstain from marijuana. While both family and peer factors affected the adolescents' choices of use or abstinence, the strongest predictor of use/abstinence was the peer use and attitudes factor. Family factors tended to be stronger in the younger age/grade levels than in the higher age/grade levels, as predicted from the theoretical framework.

Adolescent Abstainers from Alcohol: Longitudinal Followup and Cross-Sectional Comparisons

Mangham, C.R.

Ph.D. diss., University of Oregon, Eugene, OR, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order # DA9003328.)

This study explored the drinking patterns, factors in abstinence, and drinking influences among 355 grade 12 Canadian adolescents. Ninety of the subjects who were abstainers had received the measures on reasons for abstinence/influences to drink in grade 9, allowing longitudinal comparisons.

Subjects who were abstainers in grade 9 were interviewed regarding their abstinence, onset of drinking, the role of alcohol in friendship/popularity and their leisure and academic pursuits. Three alcohol use groups emerged in the study: subjects still abstaining in grade 12 (n=27), subjects beginning to drink since grade 9 (n=63), and subjects already drinking by grade 9 (n=265). Oriental and East Indian subjects were more likely to be abstainers or late onset drinkers than Caucasians. Subjects starting to drink since grade 9 experienced a sharper increase in frequency and extent of pressure to drink than abstainers. However, all three groups reported surprisingly little influence to drink, especially from the media. Ethnicity and attitudes were the best predictors of alcohol use category, using discriminant analysis. Religiosity was also important to many abstainers interviewed, who tended to have very few drinking friends. Late onset drinkers tended to drink lightly, supporting the relationship between age of drinking onset and risk of alcohol problems.

Effects of Family Losses and Transitions on Adolescent Substance Use

Fischer, B.E.

Ph.D. diss., University of Minnesota, Minneapolis, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI; 48106; refer to Order # DA9001012.)

This study examined the effects of family losses and transitions on adolescent alcohol and drug use. Family stress theory predicted that increased levels of family stressors would yield increased substance use. The study was a longitudinal design; subjects were tested yearly for three years. The number of subjects was 495. Results indicated no support for the direct effects of family transitions on substance use. A significant indirect effect of family transitions via family cohesion was found for alcohol use with males. That is, as transitions increased cohesion decreased, and alcohol use subsequently increased. A significant indirect effect of family transitions via family strain was found for drug use with females. A significant negative relationship between family losses and alcohol use for males was noted, but was in the opposite direction from that predicted. Gender differences were notable; males and females shared no pattern of responding to family losses or transitions. The study supported family stress theory in that family stress variables were found to have a significant influence on adolescent substance use. Family variables were shown to have a significant role in the development of adolescent substance use. Implications for future research, and prevention and treatment of adolescent substance were discussed.

Drug Use and Its Social Covariates from the Period of Adolescence to Young Adulthood: Some Implications from Longitudinal Studies

Yamaguchi, K.

In, *Recent Developments in Alcoholism, Volume 8: Combined Alcohol and Other Drug Dependence*, edited by M. Galanter, 125-143. New York: Plenum Press, 1990.

This chapter discusses data from various longitudinal studies relating drug use by adolescents to the social covariates age, onset age of drug use,

historical period, family and work roles, and influence of significant others. It is concluded that early initiation of marijuana usage is especially significant with regard to usage of other drugs, that progression from use of marijuana to use of other drugs depends on other risk factors, that young adults tend to use role selection or role socialization to overcome incompatible drug use and family roles, that drug use progression is related to the length of the high-risk period, and that perceptions of harm in drug use and personal disapproval of drug use in a population are correlated historically with decline in usage. 34 Ref.

Review of Correlates of Alcohol Use and Alcohol Problems in Adolescence

Bucholz, K.K.

In *Recent Developments in Alcoholism, Volume 8: Combined Alcohol and Other Drug Dependence*, edited by M. Galanter, 111-123. New York: Plenum Press, NY, 1990.

This chapter discusses the correlates of alcohol use in adolescents, including demographic, social, and psychiatric aspects. Topic headings under which material is presented are: (1) introduction; (2) demographic correlates, including age, gender, ethnicity, religion, and socioeconomic status; (3) parental attributes; (4) peer influences; (5) personality and personal values; (6) psychiatric correlates, including general deviant behavior and depressive symptoms; and (7) conclusion. 38 Ref.

Relationship Between Stress, Coping, and Adolescent Substance Use

Davidge, A.M.

Ph.D. diss., University of South Carolina, Columbia, SC, 1990.

(Reprints available from UMI, 300 North Zeeb Road, Ann Arbor, MI 48106; refer to Order #DA 8921464.)

Alcohol and drug abuse among youth has become a major national concern. Several studies have explored interpersonal, intrapersonal, and stress factors associated with adolescent substance use and abuse and have indicated the following correlates: (1) poor academic performance; (2) negative attitudes toward school; (3) antisocial behaviors and attitudes; (4) personality characteristics such as external locus of control, impulsivity, poor self-concept, low assertiveness and depressed mood; (5) peer and family substance use; (6) peer and family approval of substance use, (7) poor family relationships and communication patterns; and (8) high levels of stress. The purpose of this study was to examine the relationship between the occurrence of stressful life events, utilization of coping strategies, and levels of alcohol, marijuana, and drug use in older adolescents. A self-report questionnaire was administered to 519 high school students. Results indicated that stress levels were strongly associated with the use of all substances. Utilization of coping styles were less consistently significant but related to extent of substance use such that coping through denial increased substance use and coping through attempts at dealing with problems decreased substance use. Utilization of different coping strategies had some influence on the impact of stress on substance use, with use of some adaptive coping strategies lessen-

ing the impact of stress on substance use. Finally, differences were found across grade levels.

Parents Who Help Their Children Overcome Drugs

Becnel, B.C.

Minneapolis: Comp Care Publishers, 1990.
(Copies available from Comp Care Publishers, 2415 Annapolis Lane, Minneapolis, MN 55441; 800-328-3330.)

This book uses several case studies (including the author's) to illustrate the necessity for parents to change their co-dependent activities in order to stop their child's drug dependence. It points out the steps that parents and children go through on their way to recovery. Also included is information concerning available treatment programs, State laws pertaining to insurance coverage for treatment, and a list of adolescent treatment centers. The graphic quality is good and the book is very readable.

Coping with Peer Pressure

Kaplan, L.S.

New York: The Rosen Publishing Group Inc., 1990.
(Reprints available from The Rosen Publishing Group Inc., 29 East 21st Street, New York, NY 10010.)

This book attempts to teach adolescents how to cope with peer pressure. Throughout the book, examples of realistic situations frequently faced by adolescents are presented. The author explains how peer pressure affects these situations and explains how easily peer pressure can influence adolescent decision making.

Groups, Organizations, & Programs

Al-Anon Family Groups, Inc.
World Service Office
P.O. Box 862, Midtown Station
New York, NY 10018-0862
New York Office: 212-302-7240
Public Information: 800-356-9996
Hotline: 800-344-2666

American Bar Association (ABA)
Advisory Commission on Youth, Community, & Professional Alcohol & Drug Problems
1800 M Street, NW
Washington, DC 20036
202-331-2290

American Council for Drug Education (ACDE)
204 Monroe Street, Suite 110
Rockville, MD 20850
301-294-0600

Boys Clubs of America (BCA)
771 First Avenue
New York, NY 10017
212-351-5906

Boy Scouts of America (BSA)
1325 Walnut Hill Lane
P.O. Box 152079
Irving, TX 75015-2079
214-580-2000

Children of Alcoholics Foundation, Inc.
P.O. Box 4185
Grand Central Station
New York, NY 10163
212-351-2680

Nar-Anon
P.O. Box 9863
Washington, DC 20016
202-399-5316

National Asian Pacific American Families Against Substance Abuse, Inc. (NAPAFASA)
6303 Friendship Court
Bethesda, MD 20817
301-530-0945

National Association for Children of Alcoholics (NACA)
31582 Coast Highway
Suite B
South Laguna, CA 92677
714-499-3889

National Association for Native American Children of Alcoholics (NANACOA)
c/o Seattle Indian Health Board
P.O. Box 3364
Seattle, WA 98114
206-324-9360

National Association of Prevention Professionals and Advocates, Inc.
1228 E Buckinridge Street
Louisville, KY 40204
502-583-6820

National Association of Teen Institutes (NATI)
8790 Manchester Road
St. Louis, MO 63144
314-962-3456 or 314-968-7394

National Black Alcoholism Council
1629 K Street, NW
Suite 802
Washington, DC 20006
202-296-2696

National Clearinghouse for Alcohol & Drug Information (NCADI)
P.O. Box 2345
Rockville, MD 20852
301-468-2600 or 800-729-6686

National Coalition of Hispanic Health and Human Services Organizations (COSSMHO)
1030 15th Street, NW
Suite 1053
Washington, DC 20005
202-371-2100

National Collaboration For Youth (NCY)
1319 F Street, NW, Suite 601
Washington, DC 20004
202-347-2080

National Congress of Parents & Teachers
(National PTA Headquarters)
700 North Rush Street
Chicago, IL 60611-2571
312-787-0977

National Federation of Parents for Drug-Free Youth (NFP)
Communications Center
1423 N. Jefferson
Springfield, MO 65802
417-836-3709

National 4-H Council
7100 Connecticut Avenue
Chevy Chase, MD 20815
301-9961-2800

National Network of Runaways
1400 I Street, NW
Suite 330
Washington, DC 20005
202-682-4114

National Organization of Student Assistance Programs & Professionals (NOSAPP)
250 Arapahoe, Suite 301
Boulder, CO 80302
303-443-5696 or 800-972-4636

National Youth Sports Coaches Association (NYSCA)
2611 Old Okeechobee Road
West Palm Beach, FL 33409
407-684-1141

Parents' Resource Institute for Drug Education, Inc. (PRIDE)
50 Hurt Plaza, Suite 210
Atlanta, GA 30303
404-577-4500 or 800-677-7433

Student Assistance Service Corp. (SAS)
300 Farm Road
Ardsley, NY 10502
914-674-0400

YMCA of the USA
101 N. Walker Drive
Chicago, IL 60606
312-977-0031

YWCA of the USA
624 9th Street, NW
Washington, DC 20001
202-626-0721

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